

January 20-26, 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Gluten Free Pizza Quesadilla Recipe</p>	 <p>Ground Beef Kebabs (Grill or Oven)</p>	 <p>Low Carb Chicken Bacon Ranch Foil Packet Meal</p>	 <p>Spaghetti Meat Sauce</p>	 <p>Quick Cabbage Sausage Skillet</p>	 <p>Mushroom Chicken with Sugar Snap Peas</p>	 <p>Vegetarian Ranch Shepherd's Pie (with Lentils)</p>

This would be great paired with a salad.	Potato salad or fresh veggies would be perfect sides for this dish.	Tip: Be sure your ranch packet is gluten free! I use Hidden Valley .	To keep this gluten free, use my favorite GF pasta, Tinkyada Brown Rice Pasta .	Not sure what brands of sausage are GF? Here is a list. But be sure to double check just to be sure!	This already includes a veggie, so there's no need to add anything else unless you want to.	If you want to add some meatless meals to your meal plan, this is for you!
------------------------------------------	---------------------------------------------------------------------	--------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------	----------------------------------------------------------------------------